

Maple Pecan Coleslaw



Sirve:

14 servings

Pieza:

Saladmaster Food Processor

small mixing bowl

large mixing bowl

Valora: ★★★★★☆

Contribuido por:

Cooking 4 Life

Authorized Saladmaster® Dealer

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Salad

1 medium head cabbage, strung, use Cone #2

4 carrots, julienned, use Cone #2

3 stalks celery, strung, use Cone #2

6 green onions, chopped

1 cup

pecans, chopped

(109

g)

Dressing

1

cup veganaise (non-dairy (240 g) 4
mayonnaise) 4

tablespoons maple (80 g)
syrup

tablespoons apple cider (60 mL)
vinegar

salt and pepper, to
taste mixing bowl.

mixing bowl.

3. Add dressing to salad and mix well to combine.

Preparación :

1. Combine salad
ingredients in a large

2. Combine dressing ingredients in a small

Consejos:

- Best when served chilled.

[Información nutricional por ración](#)

Calorías: 207

Grasa Total: 17g

Grasa 1g

Saturada:

Colesterol: 0mg

Sodio: 305mg

Carbohidratos:	12g
Fibra	3g
Dietética:	
Azúcar:	7g
Proteína:	2g
